



Newsletter | January 2025

SOUTH PORTLAND

PARKS, RECREATION, AND WATERFRONT

Contents

[Community Calendars](#)

[Announcements](#)

[Youth Programs](#)

[Adult Programs](#)

[Senior Programs](#)

[Aquatic Programs](#)

[Conservation & Parks](#)

[Special Events](#)

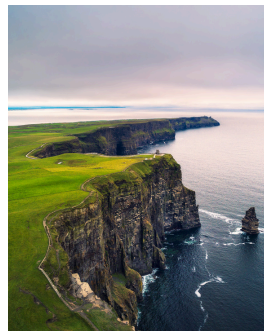
[View Full Winter Brochure](#)



[Middle School Rec Clubs](#)

Register now for afterschool First Aid, Karate, or Drawing!

[View the Details](#)



[Shades of Ireland](#)

Join the free information session and take a trip to Ireland in October 2025

[View the Details](#)

CONNECT WITH US

South Portland Community Center

21 Nelson Rd, South Portland, ME 04106
Hours: M-F 6a-9p, Sat 8a-5p, Sun 10a-6p
207-767-7650

www.sopoparksrec.com

@SoPoParksRec



Community Calendars

The South Portland Community Center and Redbank Community Center offer scheduled programs, open use, and drop-in programs. View the calendars to learn more about when these spaces are available for use.

Open Gym

Days and hours vary by sport and location.

[Calendar](#)

Pool

Hours:

Monday-Friday
6am-9pm
Saturday 8am-5pm
Sunday 10am-6pm

[Calendar](#)

Teen Center

Hours:

Monday-Friday
2:30pm-6:00pm

[More Info](#)

Senior Drop-in Center

Hours:

Monday-Thursday
9am-3pm
Friday
9am-12pm.

[Event Calendar](#)

Announcements

Closures

Community Centers are closed on the following day:

January 1 (New Year's Day)
January 20 (Martin Luther King Jr. Day)

Skate & Snowshoe Rentals

South Portland youth can rent ice skates and snow shoes from the South Portland Community Center for free! Stop by and borrow a pair for up to 5 days.

[Learn More](#)

Youth Programs

Teen Center

Mission Statement

To provide Middle School and High School aged students with a fun, safe place to spend their after school hours in an environment that is free of violence and intimidation, encouraging the development of social and emotional growth among its teen members.

Open to any student Grades 6-12 that resides in South Portland

Days: Mon-Fri, 2:15-6:00p*

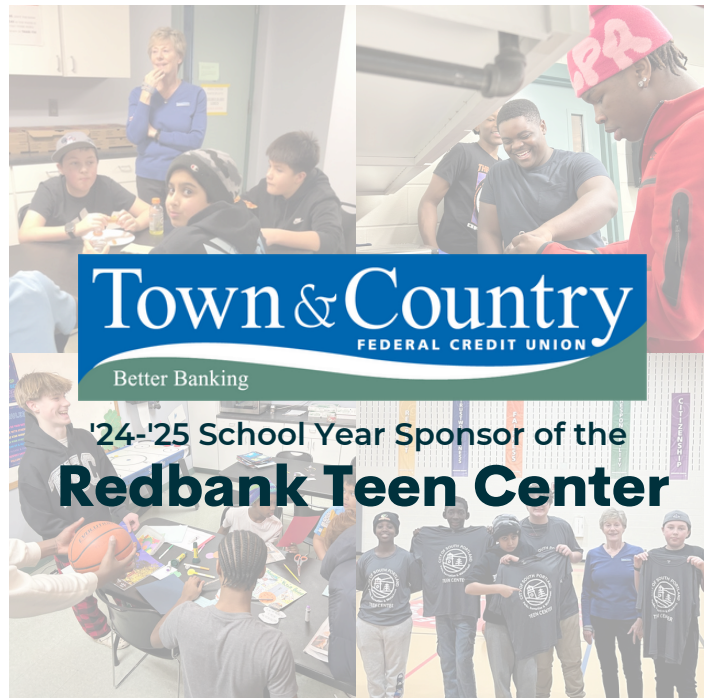
Location: Redbank Community Center

*Schedule is subject to change at anytime

Program Cost

FREE

[More Info](#)



Middle School Rec Clubs

First Aid & CPR

Session 1: Jan 22 & 23

Session 2: Feb 12 & 13

Time: 2:10-3:45p

Location: SPMS

Program Cost

\$25/session (residents only)

[Register](#)

Karate

Dates: Jan 2-30

Time: Thursdays,

Grades 7-8: 2:10-2:55p

Grades 5-6: 3-3:45p

Location: SPMS

Multipurpose Room

Program Cost

\$50 (residents only)

[Register](#)

Drawing

Dates: Jan 2-30

Time: Thursdays,

Grades 7-8: 2:10-2:55p

Grades 5-6: 3:00-3:45p

Location: SPMS

Multipurpose Room

Program Cost

\$50 (residents only)

[Register](#)



Cooking

Fun Chefs “What’s for Dinner”

Dates: Jan 6- Feb 24

Times: Monday,
4:30-5:30p

Ages: 7-13

Location: SPCC Casco Bay Room

Program Cost

Residents: \$125

Non-Residents: \$135

[Register](#)



STEAM

Mad Science Odyssey

Dates: Jan 28-March 25

Times: Tuesday,
3:30p-4:30p

Grades: K-6

Location: SPCC Casco Bay Room

Program Cost

Residents: \$165

Non-Residents: \$175

[Register](#)



Art

Winter Art for Kids

Dates: Jan 4-25

Times: Saturday, 9-10a

Grades: K-5

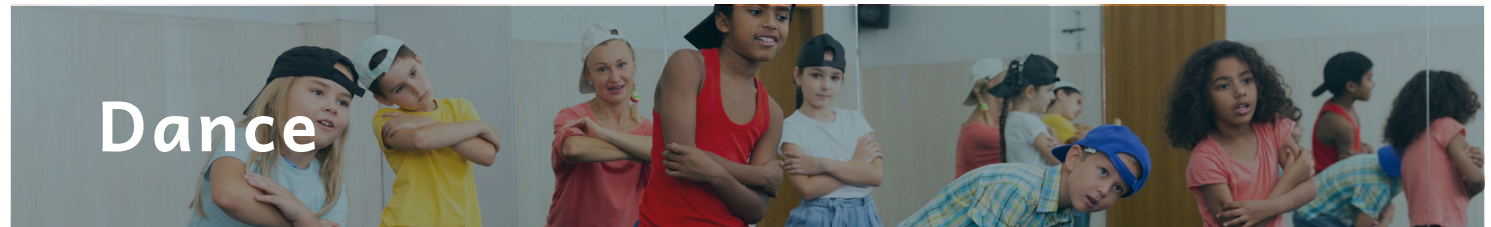
Location: SPCC Casco Bay Room

Program Cost

Residents: \$40

Non-Residents: \$50

[Register](#)



Dance

Intro to Dance

Date: Jan 6- Feb 24

Time: Monday, 4:30-5:15p

Age: 5-9

Location: SPCC Aerobic Room

Program Cost

Residents: \$75

Non-resident: \$85

[Register](#)

Intro to Hip Hop

Date: Jan 6- Feb 24

Time: Monday, 5:30-6:15p

Age: 6-10

Location: SPCC Aerobic Room

Program Cost

Residents: \$75

Non-resident: \$85

[Register](#)

Jazz & HipHop

Dates: Jan 6- Feb 24

Time: Monday, 6:30-7:15p

Age: 7-11

Location: SPCC Aerobic Room

Program Cost

Residents: \$75

Non-resident: \$85

[Register](#)



Pre-K

Preschool Open Play

Dates: Oct 1-May 27
Time: Tuesdays, 9a-11a
Ages: 5 and under accompanied by adult
Location: Redbank Community Center

Program Cost

Residents: \$4
Non-Residents: \$5

Storytime

Dates: Oct 1-May 27
Time: Tuesdays, 10:30a-11a
Ages: All, under 12 accompanied by adult
Location: Redbank Community Center

Program Cost

FREE

Tiny Tykes

Dates: Jan 4- Feb 8
Time:
Cubs: 10-10:45a
Lions: 11-11:45a
Age: 2-5
Location: Redbank Gym

Program Cost

Residents: \$120
Non-resident: \$130

[Register](#)



Sports

Challengers Futsal

Date: Jan 4- Feb 8
Time: Saturdays, 12-1p
Age: 6-10
Location: Redbank Gym

Program Cost

Residents: \$120
Non-resident: \$130

[Register](#)

Hoop Magic

Date: Jan 5- Feb 9
Time: Sunday,
K: 9:45-10:30a
1: 10:45-11:30a
Grade: K-1
Location: Redbank Gym

Program Cost

Residents: \$60
Non-resident: \$70

[Register](#)

Karate Kids

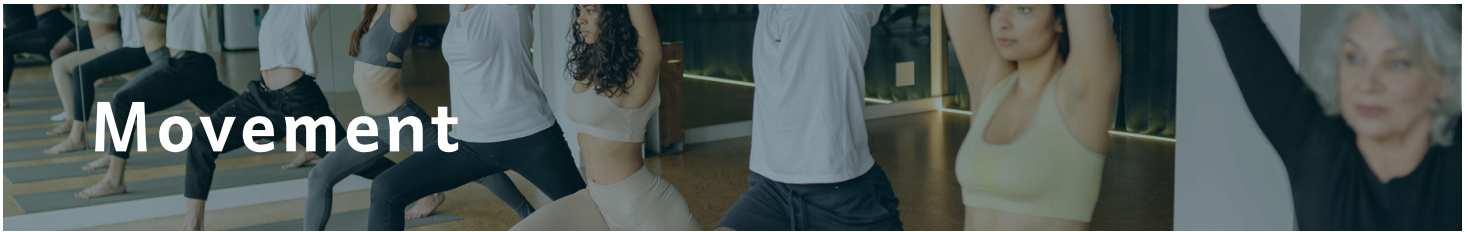
Dates: Jan 3- Feb 7
Time: Friday, 4-5p
Age: 5-12
Location: SPCC Multi-purpose Room

Program Cost

Residents: \$65
Non-resident: \$75

[Register](#)

Adult Programs



Movement

Beginner Line Dance

Date: Jan 8-Feb 28

Time: Wednesdays,
10:45-11:45a

Location: SPCC Multi-
purpose Room

Program Cost

Residents:\$32

Non-resident: \$42

Drop-in: \$5

[Register](#)

Mindful Movement Yoga

Date: Jan 2- Feb 27

Time: Thursdays,
6:30-7:30p

Location: SPCC Multi-
purpose Room

Program Cost

Residents:\$70

Non-resident: \$80

Drop-in: \$12

[Register](#)

Intro to Bellydancing

Date: Jan 23- Feb 27

Time: Thursdays,
6:15-7:15p

Location: SPCC Aerobic
Room

Program Cost

Residents:\$72

Non-resident: \$82

Drop-in: \$15

[Register](#)



Wellness

MainelyNP Wellness Series

SMART Goal Setting for Health & Wellness

Dates: January 16

Time: Thursday, 3-4p

Location: SPCC Casco Bay Room

Program Cost

FREE!

[Register](#)





Art

Beginner Soft Pastels

Streams and Rivers

Dates: Jan 4- Feb 1

Time: Saturdays, 10:30a-12p

Location: SPCC Casco Bay Room

Program Cost

Residents: \$65

Non-Residents: \$75

[Register](#)

Drawing

Dates: Jan 10-31

Time: Fridays, 10-11a

Location: SPCC Casco Bay Room

Program Cost

Residents: \$70

Non-Residents: \$80

[Register](#)



Unified

Unified Sports

Date: Jan 2-April 24

Time: 10a-12p

Location: Redbank Gym

Program Cost

FREE

[More Info](#)



Senior Programs

DECEMBER HIGHLIGHTS



Axe throwing!



On their way to have some fun!



Events

National Puzzle Day Party

Date: January 29

Times: 12-2:30p

Location: SPCC Senior Drop-in Center

Program Cost

\$5

[Register](#)

Battle Between Towns Trivia

Date: January 23, March 13, April 17

Times: 10:00-11:30a

Location: SPCC Casco Bay Room

Program Cost

\$5 one time fee, registration required

[Register](#)

Welcome to Winter Bingo

Date: January 2

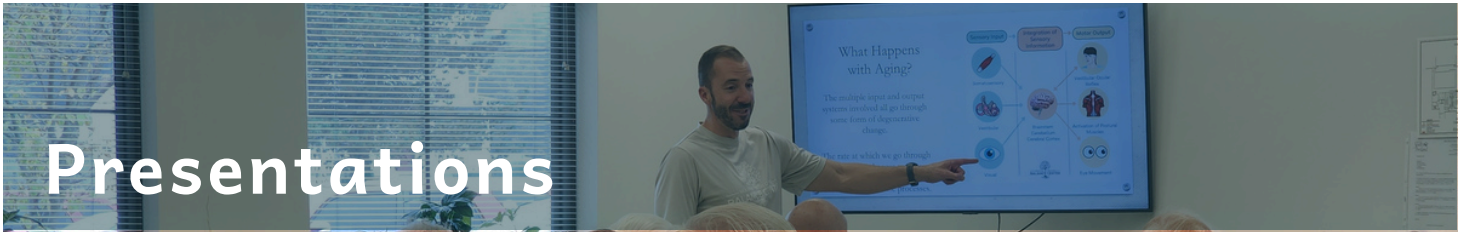
Times: 9:30-11:30a

Location: SPCC Casco Bay Room

Program Cost

\$5

[Register](#)



Presentations

FCP Live In Presentation

Dates: January 28
Times: Thursdays, 10:00-11:00am
Location: SPCC Senior Drop-in Center

Program Cost
FREE

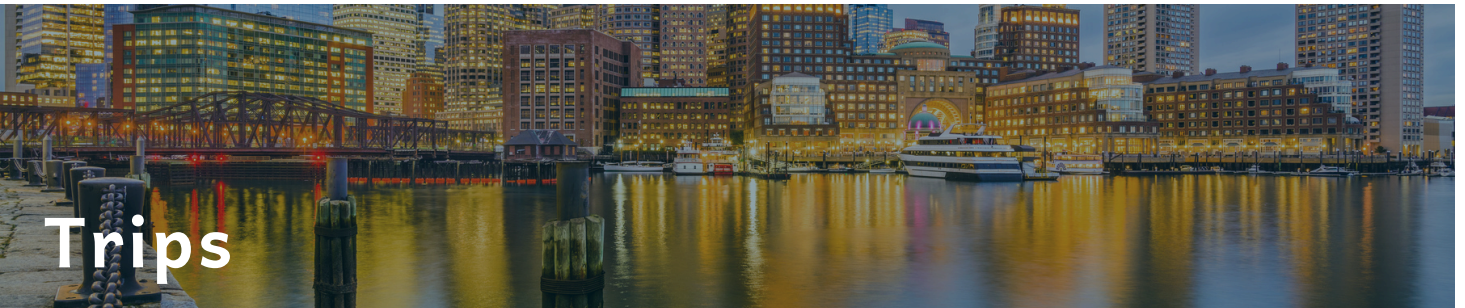
[Register](#)

Stay Safe! Age Friendly Adaptations to Make in your Home

Dates: January 22
Time: 9:30-10:30a
Location: SPCC Senior Drop-in Center

Program Cost
FREE, registration required

[Register](#)



Trips

Boston Adventure- Titanic the Exhibition

Date: January 30
Times: 7:30a-4:30p
Location: SPCC

6 Spots left

Program Cost
Residents:\$96
Non-resident: \$106

[Register](#)

Quirky Things

Date: January 16
Times: Departs at 8:30a
Location: SPCC

2 Spots left

Program Cost
\$5 one time fee,
registration required

[Register](#)

Tea at the Lady Manor Inn at Hurd Manor

Date: January 10
Times: Departs 11:15a
Location: SPCC Casco Bay Room

2 Spots left

Program Cost
Residents:\$50
Non-resident: \$60

[Register](#)

Featured Senior Artist of the Month

Please join us in welcoming Susan Cunniff as our December Artist of the Month at the South Portland Senior Drop-In Center!

Her work will be displayed in the Senior Drop in Center December 17 through January 16, 2025. Times you may visit are Monday through Thursday 9:00a-2:45p and Fridays from 9:00a.m.-11:45p.m. **The public is welcome and encouraged to enjoy the art of Susan Cunniff.**

About 12 years ago Susan decided to explore her creative side. She has since been creating art and participating in local art shows.

Susan uses pastels, charcoal, and watercolor. Susan works from photos often and is drawn to the emotion of adults, children, and pets, therefore creating portraits.

Susan had works in the Yarmouth Art Festival, and a juried show at Roux and Cyr in Portland.



Susan Cunniff- Meet the Artist Reception

Date: January 2, 2025

Times: 11a-2p

Location: SPCC Drop-in Center



If you are interested in purchasing Susan's art, please contact her.



SUSAN@SUSANCUNIFF.COM

Interested in being the next featured artist featured in the Senior Drop-in Center?
Request an application from the Senior Drop-In Center!



Laughter Yoga | January 2023

Fitness

Core Stability

Dates: January 9, 16, 23, 30
Times: Thursdays, 10:30-11:15pm
Location: SPCC Multi-purpose Room

Program Cost

Residents: \$28
Non-Residents: \$38
Drop-in: \$8

[Register](#)

Chair Fitness

Dates: January 9, 16, 23, 30
Time: Thursdays, 11:15-12:00p
Location: SPCC Multi-purpose Room

Program Cost

Residents: \$28
Non-Residents: \$38
Drop-in: \$8

[Register](#)

Vitality T'ai Chi

Date: January 7 & 21
Time: Tuesdays, 1-2p
Location: SPCC Aerobic Room

Program Cost

Residents: \$14
Non-resident: \$24
Drop-in: \$8

[Register](#)

Laughter Yoga

Date: January 31
Time: Friday, 12-1p
Location: SPCC Senior Drop-in Center

Program Cost

FREE (must register)

[Register](#)

Aquatics Programs

Daily Fees:

Residents: Adults \$5 | Youth/Seniors \$4
Non-Residents: Adult \$6 | Youth/Seniors \$5

Frequent User Passes:

Residents: Adults \$70 | Youth/Seniors \$50
Non-Residents: Adult \$90 | Youth/Seniors \$70

[View Pool Calendar
\(Jan 1- Feb 23\)](#)

We are pleased to be starting our Winter Session of Swimming Lessons! The start dates are as follows:

Thursday lessons begin on January 2nd
Saturday lessons begin on January 4th
Sunday lessons begin on January 5th
Tuesday lessons begin on January 7th
Wednesday lessons begin on January 8th

Attention Swim Parents...

As many have experienced on registration morning, it is not an easy task getting your child into our Learn-to-Swim programs. This is hard news for us too! We want to teach ALL of the kids in the safest way possible! At this time, we have limited instructors to teach and have a commitment to keeping ALL involved safe during instructional time. This limits how many kids we can accept into our lessons. We always add more classes or space in existing classes when more instructors are available to help teach and keep kids safe!

Swim Program Q&A:

Is it worth it to go on the waiting list if you have strict numbers for each class?

- YES it is! Call the community center and ask to place your child on our waiting list. We use the Waiting List to fill vacant spots in classes and add kids to classes when a co-instructor or instructor aide becomes available on a first call first serve basis. Sometimes, veteran instructors can add a child or two after seeing their roster. If you're on our list, we may be able to help. Please give the desk ALL of your availability too! If you're flexible, it's more likely we can help!

Do you offer private lessons?

- SPCC does NOT offer private lessons. BUT many of our instructors do teach privately. You can email: LHurley@southportland.org and we will TRY to assist you in finding a private instructor. FULL DISCLOSURE: our private instructors have limited space, and their fees vary by instructor. If and when they are available is a discussion to be had between you and the instructor.

When is the next session of swim lessons?

- We offer our lessons seasonally. Our Winter session begins in January. Spring sessions will begin in April and details are available in the brochure. **Spring registration will be Monday, March 10 for South Portland residents and Thursday, March 13 for NON-residents.**

Why is there less open swim time in January?

- In between our 8 week programming sessions we are able to make the pool more accessible to the general public for open swim and laps. With a new swim session starting in January there are not as many opportunities for open swim while the next generation of swimmers are being prepared for a lifetime of water enjoyment. If any changes occur to our planned schedule we will add open swims when we can. Stay up to date on changes by following our social media or checking our website.

Are you hiring new instructors?

- YES! ABSOLUTELY! SURE THING! WOOHOO! We cannot say this enough?! We are ALWAYS hiring swim instructors and our pay is competitive. Do you know someone who loves teaching kids a critical life skill? We hire teens to adults to seniors...we'd love to meet anyone who has experience working with kids in the water!! Instructors are mainly needed on the weekends, but we do offer evening lessons and could use more folks on board then too. To apply OR ask questions reach out to an Aquatics Supervisor. Our application is [available online](#).

Thank you for your patience and kindness when it comes to youth swim lessons. We wish we could teach EVERY child, but for now we promise to provide the best instruction possible to those lucky enough to get a spot.

PLEASE reach out if you or someone you know would love to be part of our team!

Conservation and Parks

A new year means a time for resolutions to better ourselves and our community. We're challenging you to make small changes in your life to help with conservation. Each month we'll share a new challenge in our Newsletters, the Conservation Corner of the Community Center, and the City Website. If you complete a challenge, let us know by sending us a picture for us to share! Tag us on Facebook/Instagram or send to sraftery@southportland.org

If enough people participate in these little tasks, big things can happen in our community.

January Conservation Challenge: Put up anti-bird-collision decals on a window

According to the Bird Alliance of Oregon, "Window strikes are among the top three human-related causes of bird deaths, along with cats and habitat destruction. Up to one billion birds die each year in the United States due to collisions with windows and research shows that 54-76 percent of window collisions are fatal." Birds do not see the reflection of a window as a barrier, but as open space to fly. Often they fly full speed into the windows. A simple measure that we can take to prevent this is to apply decals or stickers to our windows to alert the bird that there is a solid object in front of them. You can put these up on a window at home, the office, or storefront. Snap a picture and let us know you care about birds! Decals come in many different fun shapes and sizes and can be bought from Maine Audubon or online.



Learn

Branch Story Time

Spiders

Date: January 8

Time: 3p

Ages: 0-12

Location: South Portland Branch Library

Program Cost: FREE

Ecology Lecture Series

The Wonderful World of Insects

Date: January 16

Time: 6:30-7:30p

Ages: Geared towards adults

Location: South Portland Public Library

Program Cost: FREE

[More Info](#)

Nature Story Time

Beavers

Date: January 10

Time:

Ages 0-5: 10:30a

Ages 6-12: 3:30p

Location: South Portland Public Library

Program Cost: FREE

[Learn More](#)

Special Events



Family Fun

Family Bingo Night

Date: January 23

Time: 5:30-7:00p

Location: SPCC Casco Bay Room

Program Cost:

Resident: \$25/family of 4

Non-resident: \$35/family of 4

\$5/additional family members

[Register](#)



Travel

Shades of Ireland Info Session

Trip is scheduled for October 9-18, 2025. Join us for an info session to learn more!

Date: January 29

Time: 5:30-6:30p

Location: SPCC Casco Bay Room

Program Cost

FREE info session, please RSVP

[More Info
& RSVP](#)

TREE LIGHTING HIGHLIGHTS



Mental Health Resources During School Break

We care about you.

If you need support during the break, here are some places to turn:

- **Emergency Services:** Call 911 or go to the nearest emergency room
- **National Suicide Prevention Lifeline:** Call 988 for free, confidential support 24/7
- **The Maine Crisis Line:** Call 1-888-568-1112

Tips for staying well over the break:

- Stay connected to friends, family, or trusted adults.
- Practice self-care: sleep, eat well, and do things you enjoy.
- Use the coping strategies you've learned, like deep breathing or journaling.

You are not alone. Help is available.

**For additional resources, visit:
spsdme.org/mentalhealth**



**SOUTH
PORTLAND
SCHOOLS**